

Ronin Do Fight Gym

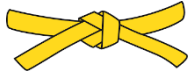
Graderingsbestämmelser barn
JU JUTSU
2018-07-15

Ronin Do Fight Gym

Graderingsbestämmelser barn
2018-07-15

Ju Jutsu





Ronin Do Fight Gym

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Yellow Belt 5 Kyu Ju jutsu

10 push ups

10 sit ups

55 cm front split and side split

Tai Sabaki (Body shifting)

Tai Sabaki 1 – 8

Ukemi Waza (falling techniques)

Mae Ukemi

Ushiro Ukemi

Nage Waza (throwing techniques)

O soto Gari

Kesa Gatame

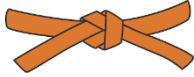
Jigo Waza (escape techniques)

Uke ends up on the floor after each technique.

Double wristlock frontal attack.

Single wristlock frontal attack.

Double wristlock attack from behind.



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Orange Belt 4 Kyu Ju jutsu

15 push ups
15 sit ups
50 cm front split and side split

Tai Sabaki (body shifting)

Tai Sabaki 1 – 16

Dashi Waza (standing positions)

Shiko Dashi
Neko Ashi Dashi

Ukemi Waza (falling techniques)

Mae Ukemi above 2 people standing on their hands and knees
Daisharin

Nage Waza (throwing techniques)

Aiki Otoshi
Kibusa Gaeshi
Kata Gatame

Jigo Waza (escape techniques)

Uke ends up on the floor after each technique.

Double wristlock frontal attack	2 different sets
Single wristlock frontal attack	2 different sets
Double wristlock attack from behind	2 different sets
Defense against 1 Geri	
Defense against 1 Tzuki	

Randori (sparring with grips, punches and kicks)

1 time x 2 minutes Ne Waza (ground wrestling).



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Green Belt 3 Kyu Ju jutsu

30 push ups
30 sit ups
35 cm front split and side split

Tai Sabaki (body shifting)

Tai Sabaki 1 – 16

Dashi Waza (standing positions)

Shiko Dashi
Neko Ashi Dashi

Ukemi Waza (falling techniques)

Mae Ukemi above 2 people standing on their hands and knees.
Yoko Ukemi.
Ushiro Ukemi from sitting position on person standing on their hands and knees.

Nage Waza (throwing techniques)

O Ushi Gari
Ude Garami
De Ashi Barai
Koshi Nage
Hashi Mawashi
Ushiro Kata Otoshi
Waki Gatame
Seiho Nage

Shime Waza (strangle techniques)

Uke Shime Waza straight arms while standing.

Uke Shime Waza frontal bent arms while Uke sits between legs and Tori lays on the back.



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Uke Shime Waza straight arms while Uke sits beside and Tori lays on the back.

Jigo Waza (escape techniques)

Uke ends up on the floor after each technique.

Bear hug above arms.

Bear hug under arms.

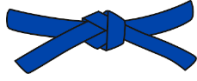
Control and transport 5 meters while Uke stands and resist.

Control and transport 5 meters while Uke sits on a chair.

Randori (sparring with grips, punches and kicks)

1 time x 1 minutes light contact no facial contact with Tzuki Waza (punches techniques).

4 times x 1 minute Ne Waza (ground wrestling).



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Blue Belt 2 Kyu Ju jutsu

50 push ups
50 sit ups
20 cm front split and side split

Tai sabaki (body shifting)

Tai sabaki 1 – 16 and slide

Ukemi Waza (falling techniques)

Mae Ukemi above 2 people standing on their hands and knees.

Yoko Ukemi.

Ushiro Ukemi from sitting position on person standing on their hands and knees.

Nage Waza (throwing techniques)

Sukio Nage

Uchi Mata

Hane Goshi

Harai Goshi

Ko Soto Gari

Ko Uchi Gari

Double leg take down

Single leg take down

Kata Ashi Hishigi

Ippon Seiho Nage

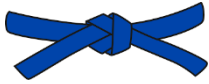
Sumi Otoshi

Shime Waza (strangle techniques)

Uke Shime Waza straight arms while standing.

Uke Shime Waza frontal bent arms while Uke sits between legs and Tori lays on the back.

Uke Shime Waza straight arms while Uke sits beside and Tori lays on the back.



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Jigo Waza (escape techniques)

Uke ends up on the floor after each technique.

Bear hug above arms.

Bear hug under arms

Control and transport 5 meters while Uke stands and resist.

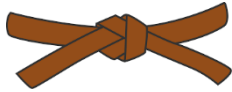
Control and transport 5 meters while Uke sits on a chair.

Randori (sparring with grips, punches and kicks)

1 time x 1 minute.

1 time x 1 minute against 5 people.

4 times x 1 minute Ne Waza (ground wrestling).



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Brown Belt 1 Kyu **Ju jutsu**

50 push ups

50 sit ups

15 cm front split and side split

Ukemi Waza (falling techniques)

Ushiro Otoshi

Nage waza (throwing techniques)

Kaite Nage

Irimi Nage

Tenshi Nage

Tawara Gorouma

Kata Gorouma

Soto Maki Komi

Hikkikomi Gaeshi

Te Gorouma

Ushiro Otoshi

Ude Hishigi Te Gatame

Tate Shiho Hiza Hishigi

Sprawl Underarm

Sprawl Overarm

Jigo Waza (escape techniques)

Control and transport 5 meters while Uke stands and resists.

Control and transport 5 meters while Uke sits on a chair.

Randori (sparring with grips, punches and kicks)

3 times x 1 minute.

1 time x 1 minute against 5 people.

4 times x 2 minutes Ne Waza (ground wrestling).